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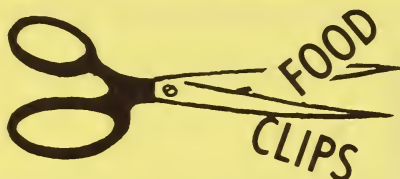
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Food and Home Notes

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Mature dry legumes--dry peas and members of the bean family including navy, pinto, and soybeans--are outstanding among the vegetables for the protein they contain, according to the U.S. Department of Agriculture home economists.

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Maximum storage suggested for commercially frozen asparagus, beans, cauliflower, corn, peas, and spinach is about 8 months. But retaining high quality depends on the kind of vegetables and condition at time of purchase--whether it is stored at zero degrees or less.

* * *

Cover potatoes with water to prevent darkening after paring. Long soaking of most vegetables, however, is not desirable because some nutrients dissolve in the water.

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Chop herbs very fine to allow some of the flavoring oils to escape. Heat chopped herbs in melted butter and add to vegetable after it has been cooked, say USDA home economists.

* * *

Try Curry powder with creamed vegetables.

NEW *

LOW SODIUM CHEESE

A "saltless" cheese--possibly the first cheese made with a salt substitute--has been produced by food scientists at the University of Minnesota. This discovery could be important to cheese-lovers who must be on salt-restricted diets.

Acceptable cheeses with significantly reduced sodium content have been produced by replacing up to two-thirds of the added salt with potassium chloride. Actually some sodium is left in this experimental cheese because potassium chloride has a detectable bitterness when used in large amounts. However, the sodium potassium mix seems to be acceptable.

Howard Morris, professor of Food Sciences and Nutrition at the University of Minnesota, further reports that low-fat Cheddar, Colby and blue cheeses also have been developed.

* No additional information is available at this time.

FOOD BUYING INFORMATION

(Story on page 3)

...in the laundromat, Edna Borden, A Gallio County (Ohio) volunteer, checks supply of "Annie Anybody" leaflets.



...in the super-
market a young
homemaker and
her daughter
look at "Annie
Anybody" leaflets.

"HOW TO" Reach - To Teach

FOOD BUYING INFORMATION

By Betty Flemming
Extension Service, USDA

"Annie Anybody" has personality. She can be seen in drug stores, supermarkets, dry cleaners, banks, laundromats, and beauty shops in nine Ohio counties. "Annie" is a cartoon-like figure--the invention of some innovative Extension home economists and



homemakers who wanted to reach consumers with food buying information during this period of rising prices and changing economy. Posters and leaflets using "Annie" as a symbol were designed to tell the "how to" story of food buying.

Colorful one-page leaflets fit into a pocket on each poster. The leaflets contain tips on food buying, storage, and preparation, along with appetizing recipe ideas. Recent leaflets described ways to buy and use fresh carrots, ground beef, tuna, and even cabbage.

In order to get the attractive posters and leaflets distributed, Ohio Extension home economists Marta Guilkey and Dale Stoll asked for volunteers. They recruited senior citizens, 4-H Leaders, and others as a result of radio and newspaper pleas for help.

More than 200 "Annie Anybody" volunteers have distributed over 350 posters and it's estimated that they've given out close to 800,000 leaflets during the past year. The object is to make it a statewide project so that more people will get the "message" about food buying information.

Now "Annie" is somebody--She reaches out--to teach.

NEWLY REVISED PUBLICATION

--- On Nutrition Programs for the Elderly

Planning and preparing meals, buying food, proper care of food--useful information for persons concerned with community programs for feeding the elderly--is detailed in a revised publication called "Nutrition Programs for the Elderly". The booklet was prepared by Dr. Louise Page, Agricultural Research Service of the U.S. Department of Agriculture.

Sample meal patterns are provided with suggestions about kinds and amounts of food to include in the preparation of nutritional meals. Pointers are given on how to plan food preparation schedules to make the best use of employees' time and abilities as well as the advantages of cycle menus. Proper ways to handle and store food--to keep it safe to eat, to conserve nutritive value--and food buying information to aid in estimating per-serving costs are discussed.

Basic reasons for organizing food service programs for the elderly as well as methods to reach the elderly to inform them of the availability of these programs are included. The advantages of home-delivered meals (of providing a daily hot meal) and group meals, (offering a socialable atmosphere) served at a central location are discussed. Home-delivered meals can contribute to the health of the homebound and often enable the elderly to live at home--when it otherwise might not be possible--according to the booklet.

Available FREE to the PRESS. Editors may obtain a free copy of "Nutrition Programs for the Elderly...a guide to menu planning, buying and care of food for community programs", ARS-NE-59, from Food and Home Notes, the Office of Communication, USDA, Washington, D.C. 20250. Please write on your newspaper stationery.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.